

**ABSTRACT OF THE DISCLOSURE**

A recording and reproducing apparatus has an optical head that is provided with a laser light source for emitting light and a reflection converging optical system. The reflection converging optical system reflects light emitted from the laser light source, and converges the light on one point of a bottom surface of a solid immersion lens. Here, the reflection converging system has a first reflection surface for reflecting incident light; and a second reflection surface for further reflecting the light reflected by the first reflection surface and for converging the light onto the bottom the solid immersion lens.